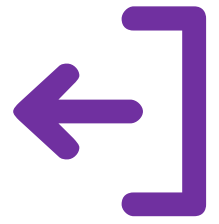


# How To Beat Anger in 5 Steps



Anger comes on quickly and can be difficult to ward off. Here are 5 steps you can take when you become involved in a possible anger situation.

## Step 1: Know Your Triggers

You can prevent many anger situations if you know what sets you off. For example, if you know that interacting with a certain person often makes you angry then you can work on avoiding that person. Knowing your triggers is half the battle.

## Step 2: Recognize Your Warning Signs

You can't fight anger if you don't know when you are getting angry. Knowing your anger cues gives you a quick way to evaluate your emotions. Beating anger requires you to act when you start to get angry, not when you have escalated to full-blown beat down mode. If you reach a 7 out of 10 on the anger scale it is likely too late. You can only prevent anger from building by knowing your warning signs. They are your cue that you need to implement a coping skill.

## Step 3: Determine Your Anger Level

Taking your temperature will point you toward the appropriate coping method. At high levels of anger you are going to need to rely upon more physical coping strategies, such as deep breathing or quick relaxation methods. When you are very angry you are unable to engage many cognitive skills. At lower levels, you have the luxury of trying to empathize or evaluate the pros and cons of the situation.

## Step 4: Have a Go-To Coping Skill

It is critical to be ready to go with a coping skill, especially at higher levels of anger. You may have a toolbox filled with ways of dealing with your emotions, but it will be difficult to access them when you start to become angry. Being ready to utilize a specific coping tool allows you to make a quick decision without having to think about it.

## Step 5: Debrief

This is when you evaluate how successful you were at preventing yourself from acting poorly when angry. Remember, it is okay to be angry. It is not okay to act inappropriately. A good evaluation takes into account all the aspects of an anger diary, such as your thoughts, feelings, and the outcome of your actions.